

Latino Healthy Eating Project



Bloomington Public Health - SNAP-Ed Community Partnership Presentation
Bloomington Advisory Board of Health – June 28, 2016

OBJECTIVES OF SNAP-ED COMMUNITY PARTNERSHIP GRANT

**Support the capacity and leadership of the Latino
Childcare Provider Network**

**Improve nutrition, physical activity and school readiness
practices**

**Provide Smarter Lunchroom support/signage to school
district with the highest percentage of Latino students**



WHY LATINOS?

WHY A LATINO CHILDCARE NETWORK?



LATINOS IN BLOOMINGTON

- **46% of Bloomington Latinos are below 185% of poverty** (2010 Census)
 - **Of children living in poverty 30.6% are Latino compared to 5.1% of white children** (ACS 2010-2014)
 - **Of overweight/obese children in local WIC, 28% are Latino children compared to 19% of white children** (WIC 2015)
 - **16% of incoming kindergarteners are Latino** (BPS 2016)
 - **Only 41% of Latino children are ready for school compared to 91% of white children** (First Minneapolis, 2012)
 - **57% of Latinos graduate high school on-time compared to 83% of white children** (MDE 2014-15)
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WHY A NETWORK INSTEAD OF A PROGRAM?

Using a model with a different Public Health approach rooted in community organizing principles and system change

- Build strong & deep relationships
- Build & share power
- Authentic engagement
- Work with communities, not do for them

Resulting in a sustainable Network

- Run by the community
- Highly valued by the members
- Uniquely designed to meet the needs of the community



NETWORK GOALS

Primary Network Goal: To create a support system that builds the capacity of Latino Family, Friend and Neighbor (FFN) childcare providers to provide high quality care to children within Bloomington and Richfield

- Focus on nutrition, physical activity and school readiness
- Resulting in an increase the number of healthy Latino children ready to enter the Bloomington and Richfield school districts

SECONDARY NETWORK GOALS

- Reduce barriers to participating in existing childcare system
 - Support the capacity of the community create and carry out an alternative system
 - Reduce isolation, improve social connectedness & emotional health of Latino families
 - Build trust & strengthen relationships
 - Build capacity of community and systems
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THE HISTORY OF THE NETWORK

2012: Healthy Living Hub at Assumption is funded through CTG

2013: BPH receives UCare Grant to support childcare providers


2015: BPH receives SNAP-Ed Grant to support nutrition education and access

2016: Network has over 175 providers that have participated




LEVERAGING RELATIONSHIPS

Ongoing Partners

1. Good in the Hood
 2. Early Childhood & Family Education
 3. University of Minnesota Extension, SNAP-Ed, 4-H
 4. MN Department of Health
 5. Think Small
 6. Minnesota Department of Education
 7. Help Me Grow Program
 8. Child Care Aware
 9. Fairview Southdale Hospital
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NETWORK INPUT

Formative Evaluation

- Feeding practices of providers
 - Typical foods served
 - Topics of interest for workshops
 - Types of food/recipes they would like to learn
 - Type of additional healthy food needed to serve healthier menus
 - Recipe preferences for workshops
 - Type of food resources need to follow best practices
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PROGRESS

Workshop

Format and design in process

Childcare

Partnership with 4-H

Special Training!

Healthy Eating For The Children You Care For



Saturdays

June 4

Vegetables

July 23

Fruits

August 20

Protein

September 17

Whole Grains



Agenda

9:30 a.m. Snacks
10:00 a.m. Training
1:00 p.m. Lunch

Location

Assumption Church
La Misión
St. Joseph's Hall
305 East 77th Street
Richfield, MN 55423

To Register

Call La Misión and
speak with Ruth or
Faviola at:
612-869-1824
612-866-5019

The workshops will teach you how to:

- Plan weekly menus using a variety of healthy foods for less money.
- Serve a healthy amount that's right for each child.
- Cook healthy recipes that children will love to eat
- Use nutrition and physical activities to teach children math and reading skills to help them prepare for kindergarten.

Adults and children will have a chance to taste the new foods at the end of each workshop.

Childcare

Childcare will be provided. 4-H will provide special activities for school-aged children.



PROGRESS

SNAP Outreach

- Scheduled workshop on SNAP

SNAP-Education

- First workshop on incorporating vegetables into children's menus





Questions?